



*High Protein*  
Snack Ideas



# PROTEIN BASED SNACK IDEAS

## Healthy Options



Edamame  
1/2 cup shelled = 9 grams



Pumpkin Seeds  
2 tbsp = 8 grams



Beef Jerky  
1 oz = 9 grams  
100% Grass-fed, no sugar



Protein Powder  
1 scoop with water =  
20 - 40 grams  
Clean brands: Be Well By Kelly,  
Truveni, Mind Body Green



Almonds  
2 tbsp = 6 grams



Celery with Nut Butter  
2 tbsp nut butter = 7 grams



Protein Balls  
1 ball = 5 grams  
[Sample Recipe](#)



Hard Boiled Egg  
1 large egg = 6 grams



Greek Yogurt  
1 cup = 25 grams  
Organic, plain, grass-fed



Cottage Cheese  
1 cup = 24 grams  
Organic, grass-fed



Turkey Roll Up  
1 cup = 11 grams  
Organic  
Clean brand: Applegate



Protein Bar  
1 bar = 9 - 20 grams  
Clean brands: RXbar,  
GoMacro, Truveni, Paleo  
Valley